



Regler

<https://spikeball.com/pages/official-rules>

SpikeSchool

<https://spikeball.com/pages/spikeschool>

Forslag til forskellige øvelser

<https://spikeball.com/pages/drills>

Spikeballs Youtube kanal

<https://www.youtube.com/c/Spikeball/featured>

“How to Roundnet” en anden kanal med diverse øvelser

https://www.youtube.com/channel/UCoIRVNu-hSF_NJnRNc3dOg